CHAPTER **15**

Problems and Barriers to Overcome in Sport

Questions

- **“The goal of sport is to win, but the essence of sport is fairness” (Frank DeFord, NPR sports commentator). Discuss this quotation and comment if you think sport has moved away from this ideal of fair play.**

- **Should elite athletes have different rules or expectations than their nonathlete peers?**

Objectives

- **Discuss problems with organized sport.**
  - **Youth sport**
  - **Elite amateur and professional sport**
- **Describe common problems in sport.**
  - **Cheating**
  - **Performance-enhancing drugs**
- **Articulate key problems and barriers in youth sport.**

Child and Youth Sport

- **There is evidence that sport participation, *when properly contextualized and applied*, can reduce behavior problems among children and youth.**
- **Few youth sport coaches are adequately trained.**
- **There are inequities in access to formal sport programs.**
- **Early specialization and year-round sport can result in early dropout/burnout.**
- **Participation trends are declining for most sports.**

Athletic Development for Youth Sport

- **American Development Model**
  - **Universal access**
  - **Developmentally appropriate activities and competition**
  - **Fun and engaging multisport participation**
  - **Properly trained coaches**

- **Developmental Model of Sport Participation**
  - **Early diversification**
  - **Deliberate play**
  - **Child-centered coaches and competitions**

Factors That Influence Sport Participation

- High cost of participation
- (Lack of) governance of youth sport
- Balancing cooperation and competition
- Developmentally appropriate sport and early specialization
- Risk of injury
- Quality coaching
- Impact on family life
- Unequal access due to socioeconomic status

Interscholastic Sport

- **Interscholastic sport is a unique aspect of American culture.**
- **Benefits of playing school sports include academic, social, and physical development.**
- **There is an exclusionary aspect of school sport: the good get better, and the rest watch.**
- **There is an increasing emphasis on specialization.**
- **Risk of injury increases.**
- **Academic eligibility rules exist.**

Performance-Enhancing Drugs (PEDs)

- **Increased emphasis on winning can lead to win-at-all-cost mentality.**
- **Most elite sports have issues with PEDs.**
- **It is difficult to monitor and enforce anti-doping regulations (e.g., NCAA drug testing program; World Anti-Doping Association—WADA).**
- **PEDs can carry serious health risks.**

Challenges of Being a Teacher and Coach

- **Many physical education teachers are also sport coaches.**

- **Coaching places large demands on teacher.**
  - **Practices and competitions**
  - **Travel and recruiting**
  - **Time away from family**
  - **Limited compensation**

- **Tips for success**
  - **Know your “why” for wanting to coach.**
  - **Focus on the process.**
  - **The more you put in, the more you get out.**

Funding High School Sport

- **Many school districts face budget shortfalls and require alternative funding methods.**
- **Some states do not allow for participation fees.**
- **Without school support, some fees become out of reach.**
- **Socioeconomic disparities creates gaps in participation.**
- **Wealthier communities have more access and higher-quality facilities.**

Intercollegiate Sport

- **Some collegiate sporting events are cultural landmarks.**
  - **Rose Bowl football game**
  - **Final Four basketball tournament**
- **Discrepancy in revenues and attention between NCAA divisions exist.**
  - **Division I benefits from media coverage and donors.**
  - **Divisions II and III might struggle to maintain funding.**
- **Increased popularity and money have increased problems (e.g., eligibility violations, phantom degree courses).**

Problems Within College Athletics

- Recruiting violations and pressures
- Performance-enhancing drugs
- The economics of collegiate sports
- Economic pressure to win
- Treatment of the college athlete

Sport Systems

- **Diverse makeup of youth, high school, college, and professional sport**
- **Model is exclusionary**
- **Those with higher skill levels and greater resources receive most of the benefit.**
  - **Recreational or reduced access to resources decreases opportunity.**
- **Little to no government oversight or regulation of U.S. sport**

Keeping Sport in Perspective

- **Sport has inherent benefits.**
  - **Physical and mental health**
  - **Social engagement and enjoyment**
- **Challenges can arise from third parties.**
  - **Win-at-all-cost mentality from coaches or parents**
  - **Groups who stand to profit from athletes**
  - **Money and prestige versus love of the game**
- **The joy of sport comes during play.**

Activity

- **In small groups, discuss to what extent the ways in which child and youth sport are practiced reflect developmentally appropriate forms of competition. What inappropriate practices have you witnessed? How would you improve the practices?**

- **If you were the leader of a youth sport organization, how would you develop a coaching-education program for volunteer youth sport coaches to create more positive sport experiences for youth?**

Summary

- **Developmentally appropriate sport should be the primary emphasis for youth sport.**
- **Long-term development should be the focus versus current competitions.**
- **Sport systems are complex and face many challenges and are increasingly exclusionary and expensive.**

- **Tasks/Assignments:**
- **Next Class:**